

Claims

1. A mat comprising multiple filling chambers which are in parallel and adjacent to each other, wherein the filling chambers are formed of flexible sheets, a gel-like heat medium
5 is charged into the filling chambers, and the filling chambers are expanded by a pressure of the heat medium.

2. The mat as claimed in claim 1, wherein the heat medium is charged into the filling chamber by charging the heat medium into a bag capable of being inserted closely into the
10 filling chamber, inserting the bag having the heat medium charged therein into the filling chamber and sealing the filling chamber.

3. The mat as claimed in claim 1 or 2, wherein an emboss formed by bonding predetermined regions of wall surfaces forming the filling chamber and opposite to each other is provided in
15 the vicinity of at least one end of the filling chamber.

4. The mat as claimed in claim 1 or 2, wherein the sheets forming the filling chamber are a pair of opposite thermoplastic resin sheets which are heat-bonded along the contours of the filling chamber to define the filling chamber.

20 5. The mat as claimed in claim 1 or 2, wherein flexible fins are provided which are extended outwardly from at least a part of margins.

6. The mat as claimed in claim 1 or 2, wherein the heat medium is a warming material.

25 7. The mat as claimed in claim 1 or 2, wherein the

heat medium is a cooling material.

8. The mat as claimed in claim 1 or 2, wherein the heat medium is a hydrogel.